

NEWS LETTER

March Edition



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PVS

Benefit Swim

We are excited to announce a benefit swim that will benefit Hawaiian Swimming

The funds raised will directly benefit the Hawaiian Athletes, assisting them with travel expenses, meet fees, and other necessities that might be challenging for them to afford.

WILL BE IN MAY

In this Newsletter

- PVS Benefit Swim
- March Swim Meet Schedule
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MARCH MEETS

6-9 - TYR Pro Swim Series (USA Swimming) - Westmont, IL

7-10 - PVS SC Senior Championships (PVS) - University of Maryland

7-10 - PVS SC Junior Championships (PVS) - University of Maryland

9-10 - RMSC Mini Championships (RMSC) - Olney Swim Center

14-17 - PVS SC 14&U Championships (PVS) - University of Maryland

15-17 - MAKO Spring Fling (MAKO) - The St. James

21-24 - Eastern Zone SC Sectionals, Christiansburg, VA (Open to all Eastern Zone members)

21-24 - Eastern Zone SC Sectionals, Providence, RI (Open to all Eastern Zone members)

21-24 - Eastern Zone LC Sectionals, Buffalo, NY (Open to all Eastern Zone members)

22-24 - Spring Championships (SA) - Fairland Aquatics Center

22-24 - RMSC Spring Finale (RMSC) - Germantown Indoor Swim Center

27-30 - Eastern Zone SC Age Group Championship, Webster, NY

CHAMPS SEASON



Night Before the Meet

- Get your swim bag packed the night before.
- Do whatever you want that keeps you stress-free. Play with your pet, watch a movie, read a good book.
- GET SOME SLEEP!

Day of Meet

- Show up to the meet 15-20 minutes before your warm up and find a space.
- Make sure you get in right when warm up starts, warm ups are crowded. However, if you play the game right, you can get in an effective warm up.

After

- You finally reach the wall, and that's it. It's all over. Regardless of the outcome, always display good sportsmanship. Shake your competitor's hand as a sign of respect
- Warm Down

EVERYONE WILL DO GREAT!

USA Swimming Safesport

TRAINING FOR PARENTS

WED., MARCH 13 AT 8:00 P.M. EST | [REGISTER](#)

TRAINING FOR ATHLETES

THUR., MAR 14 AT 8:00 P.M. EST | [REGISTER](#)

TRAINING FOR COACHES

FRI., MAR 15 AT 3:00 P.M. EST | [REGISTER](#)



SPICY CHICKEN WITH COUSCOUS

Ingredients

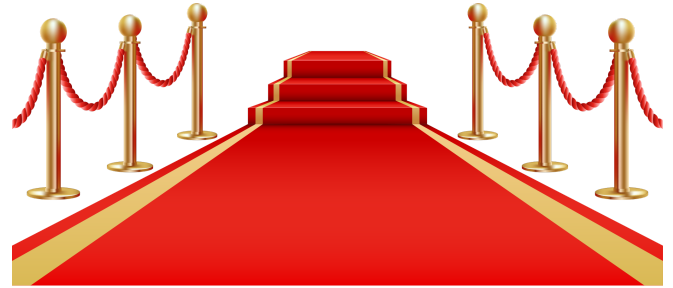
- 1 tbsp. curry paste
- 1 tbsp. mango chutney
- ½ tsp. turmeric
- Salt to taste
- 50ml olive oil
- 4 chicken breast
- 300g couscous
- 350ml vegetable stock
- Optional extras:
 - Pomegranate seeds
 - Coriander



- 1) Firstly, make a marinade for your chicken by adding the curry paste, chutney, turmeric, salt and olive oil to a bowl and mixing well.
- 2) Then, cut each chicken breast in half and add to the marinade, stirring until well covered, and then leave aside for at least 20 minutes — ideally in the fridge overnight.
- 3) Next, heat a grill pan over medium heat and lay out your chicken pieces. Grill for 5-6 minutes on each side, or until golden and slightly charred.
- 4) Meanwhile, place the couscous in a big bowl and carefully pour in the boiling vegetable stock. Cover the bowl with a lid and leave to soak for around 5 minutes, then fluff your couscous with a fork and add any extras you want — pomegranate seeds are great for a flash of colour and burst of flavour.
- 6) Finally, divide your couscous into 4 containers, top with two pieces of marinated chicken and finish with a sprinkle of coriander.

ATHLETE SPOTLIGHT

Fill out the quick five minute google form to be featured on to the Potomac Valley Athletes Instagram



<https://forms.gle/BPfHLeFCxxaqB9vh8>

106
Days Until
Olympic
Trials

As of March 1t

IF YOU'RE A
CHAMPION, YOU
HAVE TO HAVE IT
IN YOUR HEART.



pvathletes



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Tag Us !

#potomacvalleyathlete